

Microwave Baked Potato

Makes: 1 serving

Ingredients

1 potato

Directions

1. Scrub potato. Prick several times with a fork or knife.
2. Place on microwave safe plate.
3. Cook according to table below. Turn over halfway through cooking

	Number of Potatoes	Time
1	7-8 minutes or until soft	
2	10-12 minutes or until soft	
4	14-18 minutes or until soft	

3. Turn over halfway through cooking.
4. Let potato rest for 1-3 minutes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	290	
Total Fat	0 g	0%
Protein	8 g	
Carbohydrates	64 g	21%
Dietary Fiber	7 g	28%
Saturated Fat	0 g	0%
Sodium	40 mg	2%